Simplified Technique

Overview

**Entry Phase**

· Ensure torso remains fully rotated and “pulling” arm straightened

· Resisting arm pushes forward at shoulder / eye height to drive the leading blade towards the water

· Pressure on footrest ready to be applied through stroke side leg

· Ensure full blade entry alongside the footrest

. No unwinding of the torso until the blade is fully in the water

**Pull & Exit Phase**

.·Apply pressure on the footrest using stroke side leg

. Pull blade “backwards” by unwinding torso

.·Extend stroke side leg as body unwinds

. Simultaneously, resisting arm crosses in front of face, finishing at shoulder / eye height, with hand relaxed

. Elbow remains lower than hand and shoulder on resisting arm

. Avoid excessive resisting arm crossover

· Blade exits on stroke side at hip

· Shoulder remains relaxed throughout paddle cycle

**Airwork / Recovery**

·Trailing arm hand lifts to shoulder / eye height

. Elbow remains low

. Straighten lead arm without unwinding the torso